

11-2125
Tuesday April 18th, 1961
Played on Thursday February 8, 1962

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Jerry Schultz
John Marshall
Taylor Morris
Eileen Wright
Robert Schoenholt
Hilda and Robert Gardiner
Terry Owens

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QUESTION: (Wesley Goulding) I feel that I'm stuck. For years I have had life long concepts and I'm no nearer to accepting myself as I am. I see no possibility for changing myself. I feel I need a new direction.

ANSWER: The new direction is to go back to the old one. One see too many things, too much emptiness. Gradually one drops excess baggage such that one isn't prepared for the trip ahead. The fundamental change that is necessary is to get away from justifying and classifying what I am. I should just accept it. I must learn to find joy in just seeing myself. Theoretically, you always have the possibility of seeing yourself. But you lose interest because you know what you will see and you classify it. I have to learn to be outside of what I see as my functions. I have to put the emphasis on I have to see myself, to feel I, to make I grow. When I lose myself in what I see, I don't help I to grow. Make an aim for a day to do something with interest in ordinary life. Ordinary life is very useful. You couldn't work without it. Becoming conscious needs ~~material from~~ material from ordinary life, material which is at hand and which is converted into food for inner life. What does to become conscious mean? It means to become conscious in this life, not on a different level. We are still here, we live here. Do ~~have you~~ you have any joy in living when you wake up in the morning? Do you have any joyful moments during the day?

QUESTION: One or two maybe. I have false notions about myself. I want to get rid of them.

ANSWER: Are you interested in growth?

QUESTION: I'm still carrying around disappointments.

ANSWER: It is like a book worm who can't throw books away. It is foolish because I won't ever read them any more. I know that I can't take it with me and also, while I am here, it is in my way. I have to step over them. If I have an aim to do something worthwhile, I need to be uncluttered so that I am not deterred. I need to get rid of things. When I eat too much, I take a purgative. What is the state of my body after that? All the things that have cluttered up your life start to dissolve away. You realize that you can do very well without a lot of things. You have lost interest in many things. Try to see how your day is. You mull over things and you are identified with them. Make a decision for one week to avoid thinking about your bondage. Substitute it with life of a different kind. Change it into something worthwhile. You must not continue to be interested in the old junk. You must have real wish for this. Ask the help of everybody; The devil, God and Rhoda. Also pay for it. Be reverent towards your possibility of being rescued from the quicksand of feeling sorry for yourself. You are like a screw in quicksand that is turning around and going down. (The story about the good gnomes and the bad gnomes). Make one week as if it is inspired by La Vita Nova.

QUESTION: (Mildred Mayers) About All and Everything. (Inaudible)

ANSWER: I'm interested in being able to jump ahead. But I don't have the material or the energy so I have to collect myself. I return to that vantage point. It takes place at the moment when I come to Mi. I try then to go over the Mi, Re, Do of my life, to take stock, to value. Then I try to think about Sol, La, Si and I try to become open to the possibility of outside help. I have to be opened to be blessed. Then I can cross Fa. Otherwise, I will go Do, Re. Mi and then Mi, Re, Do. I have to learn how to oppose one force by means of another force. I won't know how to go to Heaven unless I know what takes me to Hell. There is only one purpose for

outer life; it is to make it available for inner life. Collecting means that I try to be what I ought to be essentially, that I then have no interest in outer life. Afterwards, I try to manifest in outer life. My behavior should be from inside out.

QUESTION: Max Cohen) In All and Everything, in the second descent, is changing a dead situation (The rest was inaudible)

ANSWER: If I run away from life, I will never solve the problem of life. I am bound to ordinary life. Now, how can I use what I experience in ordinary life for another purpose? I have to start with what I have and not wish for somebody else's body or brain. I find myself in ordinary life with relationships, a family, a job, responsibilities, etc. It is all I have. I can not wish for the moon or the sun. I can't squeeze blood from a stone. I must not wish for a change. It is impossible to jump over my knees. Out of the chaotic state of my life I start with: That what is so, is so. If I accept this, I will be able to strive for something else. But first I must admit that I am what I am. Ordinary ~~living~~ life is the baggage on which I stand. That is its purpose and its value. I stand on it, my feet on Earth, my arms extended towards the sun. I must derive food from the foundation which is my feet on Earth. This is food for growth. The problem is: How can I digest food in such a way that it will reach higher centers. The food is still the same food: liquid, solid and air but I digest it differently. When I become aware of myself, when I am collected, I can extract certain gases such as xenon, argon, crypton, etc. from the air. These gases otherwise just go by. When I become aware, impressions can be made into substances which are active and can be digested Do, Re, Mi instead of just Do. It is still the same material but I use a new method of extracting food from it.

QUESTION: Marily Gillis) Last week I had a task to do things that I don't want to do. I feel I could have done better.

ANSWER: Then take another week and do it better. Profit by your failure. But don't lose interest.

QUESTION: (Elliot Nelson) I can observe a certain type of behavior and I feel incapable of changing it, regardless of whether I like the activity or not. I justify and rationalize it. I try to oppose it.

ANSWER: I must work as if I have no aim and then when I accomplish something, I can see an aim. You want control over your functioning in order to become harmonious. Try to define how a harmonious person should function. It takes a long time. Now try to introduce, while you are talking to someone, observation. Wake up to yourself. Become aware when you are asked a question.

QUESTION: I understand that.

ANSWER: You know what to do but you don't put it to practice. If you think you know what to do, then wake up. It will not come by thinking about what has happened in a situation. You must stop and then make a new start.

QUESTION: I allow situations to occur.

ANSWER: You know what you have to do. Try to wake up. It is Parktdolg Duty. Then you will be less interested in explaining all the reasons why you can not work. Experience that you are asleep. It will produce something like a swear word in you. Make up your mind to wake up at that moment or else it will be like money from heaven being thrown in the gutter. I must become responsible for the food that it is given.. It is like being kissed by God.

QUESTION: (Sydelle Keisler) I've been trying to be aware but it's such a big

thing. I need to start with a small thing.

~~QUESTION:~~

ANSWER: How many times a day do you kiss your baby?

QUESTION: Many times. I don't know.

ANSWER: When you kiss the baby, wake up. See yourself. Use this habit of kissing the baby. It is mechanical even though you love the baby. The way you give also to the baby.

QUESTION: (Florence Cochrane) About doing morning exercise. I feel so sleepy.

ANSWER: Try to wake up out of bed quicker. Use a wet towel.

QUESTION: I've tried cold showers.

ANSWER: It is too late because you first have to walk to the bathroom. I must be immediate. Then wake up from waking sleep to consciousness.

QUESTION: Sometimes I have the desire and sometimes not.

ANSWER: It won't just come. Relax first. Don't struggle when your body is still half asleep. You must not just sit and hope.

QUESTION: Sometimes the desire comes even before I sit down to do the exercise. At other times there is no desire. Can you manufacture the desire?

ANSWER: Yes, you manufacture the desire. You have to wish to be. It won't just come. Every day will be different but it must end up with all of you wishing. At the beginning of the exercise it is only a small part of you that is interested. Then, all of me must play a part, all my centers. The intensity of my wish depends on the intensity of my realization of myself. I must remember myself in totality. That means, in all of my manifestations. When I am kind I must remember that sometimes I am like a growling dog. I am what I am. I must remember myself everywhere and always. It has to be added; as I am, as I was, and as I potentially might be. They are all me. I must see that. When I do an exercise, maybe I will perspire blood. It must be that serious. I have to become worthy and submit to that what maybe could exist for me. I must pray when I am all there and then God will recognize me. When I have wish, I must not let go until I am blessed. Earth binds me and tries to prevent this. It is like Goliath; there is only one place where he can be hit. This is done by receiving impressions consciously. If you don't see it that way, if you are flippant, then don't do the exercise. It must be as if you couldn't live without it, as if God calls me. It is my conscience.

QUESTION: (Terry Owens) I had an experience going to the farm on Sunday. I was collecting myself. Something external to me entered me. It was of a material nature, concrete. It lasted a minute. The rest of my day was colored with more awakeness. At the time I understood what this something was, what it meant, but I don't understand it any more.

ANSWER: It is right. But it was not concrete. It was abstract. One can receive things that one doesn't even know exists. Be happy that it happened. It can not last. One opens oneself up to a higher force which is looking for material. It needs to continue its own life and it enters you and then it grows through your manifestation. I have had this experience and I could say that it is one that is unforgettable. The Body Kesdjan can continue to exist after the death of planetary body. It must then fulfill its aim: to create a soul. It can remain in existence and can come back. It looks for a body which is available, which is in a state of receptivity. The creation it seeks takes place and then it goes away. There are no words to describe this.

QUESTION: (Trudy Bartel) Wouldn't one long for this experience again?
ANSWER: Yes. There is no objection to long for that. It is aspiration. It is like being hot under the collar, of being at Mi not at Do. My temperature then raises to the highest possible level without exploding. Then I have the grest possible amount of energy. When I am satisfied then aspiration is gone. One must constantly hope. I must always strive. When I get to a higher plane, then I can return ~~to~~ or I can stay there. This experience belongs to man number four and five.